Time	Starting Sugar	Toasts	Meal- 1	2	Total	Insulin .	Dose	3	Total	Ending Sugar
8:00 am	144	2708	+ ₫ 8		+108	7 -108	-108			144
9:00 am	144									144

Fig. 2.

Time	Starting Sugar	Toasts	Meal 1	2	Total	Insulin	Dose1 2 3	Total	Ending Sugar
8:00 am	144	27-108	+(08	¢	+108	4 108			262
9:00 am	262						€4	-524	108
10:00 am	108						6 4	-524	144
11:00 am	144						·		144

Fig. 3

	Starting		Meal -					se -			Ending
Time	Sugar	Toasts	1	2	Total	Insulin	- 1	2	3	Total	Sugar
8:00 am	144	2768	+08		+108	16-482	-62	2		-432	-1/80

Time	Starting Sugar	Toasts	Meal 2	Total	Insulin	Dose	Total	Ending Sugar
8:00 am	144	2708	+ 6 6	+ ફ 6	16-462			180
9:00 am	100		+ ₫ 6	+ ફ 6				206
10:00 am	206		+₫6	+₿6		-2 7	-27	225
11:00 am	2 25					-2 7	-27	1 2 8
12:00 pm	108					-6 7	-27	101
1:00 pm	121					-£ 7	-27	144
2:00 pm	144					-£ 7	-27	107
3:00 pm	147					-27	-27	4 0

Figure 5

Time	Starting Sugar	Toasts	Meal — 2	Ţotal	Insulin	Dose 1 2 3	Total	Ending Sugar
6:00 am	144				16-482			144
7:00 am	144							164
8:00 am	144	2768	+ ∮ 6	+\$6		-E 7	-27	163
9:00 am	163		+ &6	+ ફ 6		-2 7	-27	162
10:00 am	162		+₫ 6	+₿6		-€7	-27	161
11:00 am	161					-\$ 7	-27	144
12:00 pm	144					€7	-27	167
1:00 pm	107					-67	-27	1

Fig. 6

Time	Starting Sugar	Toasts	Meal- 1	2	Total	Insulin		2 3	Total	Ending Sugar
8:00 am	144					16-482				144
9:00 am	144									144
10:00 am	144	2708	+ ₫ 6		+₹6		.e 7		-27	103
11:00 am	103		+86		+₿6		-2 7		-27	162
12:00 pm	102		+ ₫6		+ફૈ6		-2 7		- 2 7	101
1:00 pm	161						. e7		-27	144
2:00 pm	144						2 7		-27	147
3:00 pm	147						\$ 7		-27	90

Fig. 7.

Time	Starting Sugar	Toasts	Meal 2	Total	Insulin	Dose — 1 2	3	Total	Ending Sugar
8:00 am	144				16-432				144
9:00 am	144	17+64	+₫8	+(18					162
10:00 am	162		+(1)8	+(18		-2 7		-27	163
11:00 am	103		+∱8	+(†8		-2 7		-27	144
12:00 pm	144	17+64	+ ₫8	+(18		-2 7		-27	165
1:00 pm	165		+(18	+(18		-2 7		-27	126
2:00 pm	126		+₫ 8	+(18		-2 7		-27	107
3:00 pm	147					-27		-27	1

	Starting		Meal		Y	Dose		Endina
Time	Sugar	Toasts	1 . 2	Total	Insulin	1 2	3 Total	Ending Sugar
8:00 am		H						
9:00 am								
10:00 am		T?						
11:00 am								
12:00 pm		Image: Control of the						
1:00 pm								
2:00 pm		H						
3:00 pm								
4:00 pm		T						
5:00 pm								
6:00 pm		3						
7:00 pm								
8:00 pm								
9:00 pm		T						
10:00 pm								
11:00 pm								

Fig. 9

	Starting		Meal-		T	Dose		Ending
Time	Sugar	Toasts	1 2	Total	Insulin	1 2 3	Total	Sugar
8:00 am		17+\$4			1/1-227			
9:00 am								
10:00 am		17.64				-32.5	-3€:5	
11:00 am						-32 ;5	-32:5	
12:00 pm		37 f62				-32.5	-32:5	
1:00 pm						-32 ,5	-32:5	
2:00 pm		7464				- 2.5	-32:5	
3:00 pm						-32 2:5	-32.5	
4:00 pm		77464			1/1-207	-(6	-16	
5:00 pm						- ₫6	-16	
6:00 pm		37 f62				- (f6 - 8 2	- ∉ 8	
7:00 pm						- €6 -€2	-∮ 8	
8:00 pm						- (16 - 3 2	- € 8	
9:00 pm		17-64				- 6 6 - 3 2	- ∉ 8	
10:00 pm						-82	-82	
11:00 pm						-32	-82	
12:00 am						- (6	-16	
1:00 am						- (6	-(6	
2:00 am						-16	-16	
3:00 am						-16	-16	
1:00 am						-16	-16	
5:00 am			Ī			- (6	- f 6	
6:00 am								
:00 am			Ì					

Fig. 10

Time	Starting Sugar	Toasts	i 2	Total	Insulin	1 2 3	Total	Ending Sugar
8:00 am	108	17+64	+48	+(18	1/-207	-32.5	-325	126
9:00 am	126		+₫8	+(18		-32€ .5	-32.5	144
10:00 am	104	17 +\$4	+68+68	+86		-3205	-32,5	148
11:00 am	1 ♠ 8		+(18	+(†8		- 3 € 5	-325	103
12:00 pm	183	3 162	+64+68	+1/2		-æ 5	-32,5	163
1:00 pm	163		+64	+64		-3 2€5	-3 \$ 5	1 2 5
2:00 pm	125	11-64	+6 4 +(8	+72		-32 5	-3 ₽ 5	204
3:00 pm	284		+(18	+(18		-325	-32:5	220
4:00 pm	220	37+64	+(18+(18	+ € 6	1/-247	-(6	-66	2 0
5:00 pm	200		+₫ 8	+(18		- (†6	-66	2 2
6:00 pm	202	37-662	+08+54	+1/2		- ∱6 -₹2	- ₫ 8	26 6
7:00 pm	266		+54	+54		-€6 -₹2	- ∲ 8	2/2
8:00 pm	202		+64	+64		- (6 - ફ 2	- € 8	2 1 8
9:00 pm	208	37-64	+₫8	+(18		- € 6 -₹2	- ∳ 8	2 48
10:00 pm	248		+ ₫ 8	+(28		-32	-32	264
11:00 pm	264		+₫ 8	+(18		-32	-22	2 €0
12:00 am	220					-66	- 6 6	204
1:00 am	204					- (6	-66	108
2:00 am	188		1			-16	-6	1/2
3:00 am	102				14	- 1 6	-6	166
4:00 am	166					- 6 6	-6	140
5:00 am	1 ₽ 0	I				-(6	-(6	124
6:00 am	124			-				124
7:00 am	124							124

Fig. 11

Time	Starting Sugar	Toasts	1 2	Total	Insulin	1 2	з	Total	Ending Sugar
8:00 am	108	17464	+(18	+(†8	11 227				1 6
9:00 am	12 6		+₫ 8	+(1/8					124
10:00 am	144	17.64	+48+48	+86		- 32 :5		-3¢ 5	14.5
11:00 am	14.5		+48	+(18		-325		-3¢ :5	103
12:00 pm	163	[3]+62	+64+68	+72		-32.5		-32.5	12.5
1:00 pm	1 2.5		+64	+64		-32:5		-325	104
2:00 pm	194	17.64	+64+68	+72		- 32 .5		-32.5	236.5
3:00 pm	233.5		+€8	+68		-32.5		-3€,5	a
4:00 pm	209	17464	+∮8 +∮8	+ € 6		- 16 :2		-16.2	209
5:00 pm	269		+₫8	+48		- 16 :2		-162	240.5
6:00 pm	240.5	37·62	+(18+54	+72	11 297	-16:2		-16:2	29.5
7:00 pm	290.5		+64	+64		-16:2		-162	304
8:00 pm	384		+64	+54		-16:2-324		48.6	339.5
9:00 pm	339.5	17+64	+₫ 8	+(18		-16:2-32:4		48.6	309
10:00 pm	360		+18	+(18		-32.4	-	-32:4	29.5
11:00 pm	294.5		+₫8	+(†8		-32:4	Ţ.	3€.4	280

Fig. 11, continued

Time	Starting Sugar	Toasts	1	2	Total	Insulin	1 2 3	Total	Ending Sugar
12:00 am	280						-32.4	-32:4	24.5
1:00 am	24.5						-32.4	-32:4	205
2:00 am	205						-16.2	-16:2	109
3:00 am	199						-16.2	-16:2	18 3
4:00 am	163						-16:2	-16.2	160.5
5:00 am	166.5						-16.2	-16:2	150.5
6:00 am	150.5						-16.2	-16:2	164
7:00 am	164						-16.2	-16:2	1/18

Time	Starting Sugar	Toasts	1 2	Total	Insulin	1 2 3	Total	Ending Sugar
	108	7774 \$ 4	+₫8	+(18	1/5-405	***************************************	1	126
8:00 am 9:00 am	126		+₫8	+(18	70			144
10:00 am	144	777484	+(18+(18	+86		-€ 5	-€5	165
11:00 am	125	قتا	+(*8	+07		-₫ 5	-45	108
	108	3 62		+(2		-€ 5	-45	165
12:00 pm	185	رت	+64	+54		-₫ 5	-45	164
2:00 pm	144	777464	+64+(18	+72		4 5	-€5	161
3:00 pm	101		+€8	+(18		-₫ 5	-€5	144
4:00 pm	144	977464	+(18+(18	+86	7 [×] 1 6 9	-22:5	-225	150.5
5:00 pm	150.5		+ (†8	+(†8		- 2 2:5	-225	108
6:00 pm	163	37 (62	+(18+54	+72		- 2 5 - 2	-48)5	18 .5
7:00 pm	180.5		+64	+64		- 2 2.5 - 2 1	-48.5	102
8:00 pm	102		+54	+64		- 2 2:5 - 2 1	-48.5	202.5
9:00 pm	202.5	17454	+₫ 8	+(18		- 2 2.5 -	-46.5	167
10:00 pm	107		+ ₫8	+€8		-6	-≵ 1	104
11:00 pm	164		+₫8	+(1/8		-\$	-21	101
12:00 am	M					-10.5	-10,5	160.5
1:00 am	160.5					-10.5	-105	100
2:00 am	160					-10.5	-105	139.5
3:00 am	139.5					-10,5	-105	129
4:00 am	129					-10.5	-1 Ø ;5	1 6.5
5:00 am	1 2.5					-1 © .5	-10:5	108
6:00 am	108							108
7:00 am	108							1008

Fig. 13

	Starting						***************************************	······································	-		Ending
Time	Sugar	Toasts	1	2	Total	Insulin	1	2 .	3	Total	Sugar
8:00 am	108	17+64	+₫8		+(18	18-466					126
9:00 am	1 ₽ 6		+(18		+(18						144
10:00 am	144	17+\$4	+89+	1 8	+ ફ 6		-64			-54	126
11:00 am	126			<u>1</u> 8	+(18		-64			-54	1
12:00 pm	9 0	3 62	+\$4+	18	+72		-64			- 5 4	108
1:00 pm	108		+64		+54		-64			-54	108
2:00 pm	108	17+64	+ 6 4 +∢	1 8	+₹2		-54			-8 4	126
3:00 pm	126		+(8	+(18		- \$ 4			-54	90
4:00 pm	a 0	17+\$4	+ ₫8 +(8	+ ફ6	A 108	-27			-27	9 9
5:00 pm	á a		+₫8		+₫8		- 27			<i>-</i> ₹7	ৰ্থত
6:00 pm	90	3 ·62	+₹8+	34	+₹2		- 27 -	1 3		-40	122
7:00 pm	122		+€	4	+54		-27 -	(3	$oldsymbol{\perp}$	- 4 0	1 ₿ 6
8:00 pm	186		+€	4	+64		-27 -	₹ 3		- 4 0	160
9:00 pm	160						-27 -	(3		-€0	1₫0
10:00 pm	100	11+54	+ ∱8		+(18		-	1 3		- ₹3	165
11:00 pm	105		+₫8		+ ₫ 8		_	(3		- (3	120

Figur 14

Time	Starting Sugar	Toasts	1	2 Total	Insulin	1 2	3	Ţotal	Ending Sugar
8:00 am	144				18-486				144
9:00 am	144								144
10:00 am	144	2700	+ ∮ 6	+86		-64		-54	126
11:00 am	126		+∮ 6	+€6		- \$4		-64	108
12:00 pm	108		+₿ 6	+€6		-6 4		-64	6
1:00 pm	(1)					-€4		-64	•
2:00 pm	•					-\$4		- \$ 4	6
3:00 pm	•					-\$4		-64	e

Fig. 15

Time	Starting Sugar	Toasts	1	2	Total	Insulin	1	2	3	Total	Ending Sugar
8:00 am	144					18-486					144
9:00 am	144										144
10:00 am	144	2700	+ ₫ 6		+ ₫ 6		-\$4			-54	126
1.1:00 am	126		+ ₫ 6		+86		-€4			-5 4	108
12:00 pm	108		+ ₫ 6		+86		-64			-64	20
1:00 pm	90	3.5 ⁶⁹	+6 3		+63		-54			-54	9
2:00 pm	9 9		+€ 3		+6 3		- 5 4			-54	108
3:00 pm	108		+ €3		+63		- 6 4			-64	167

Fig. 15 b

Time .	Starting Sugar	Toasts	1 2	Total	Insulin	1 2 3	Total	Ending Sugar
4:00 pm	167			11-71	A 108	-\$ 7	-27	40
5:00 pm	%	3 62	+ 6 4	+€4		E	-27	167
6:00 pm	167		+64	+84		-6 7 - 6 2	-89	162
7:00 pm	162		+64	+54		-6 7 - 6 2	-89	147
8:00 pm	147	TJ+\$4	+ ∱8	+(†8		-6 7 - 6 2	-89	126
9.00 pm	126		+₫8	+(18		- 2 7 - 1 2	-89	105
10:00 pm	105	11-64	+∲ 8 ∳ +	+€6		-(2	-12	129
11:00 pm	129		+ ₫ .8	+48		-1/2	-(2	165

Fig. 15 c

Time	Starting Sugar	Toasts	1 2	Total	Insulin	1 2 3	Total	Ending Sugar
12:00 am	165		+₫ 8	+(8		6	6	147
1:00 am	147					6	@	111
2:00 am	141					æ6	€	165
3:00 am	165					•	6	129
4:00 am	129					•	€	123
5:00 am	123					6	•	107
6:00 am	147							107
7:00 am	147							107

Fig 16

Time	Starting Sugar	Toasts	1	2 Total	înșulin	1-	2	3 Total	Ending Sugar
8:00 am	144				18-486				144
9:00 am	144								144
10:00 am	144	2708	+€ 6	+ ¢ 6		-64		-64	126
11:00 am	126		+ ₿ 6	+ € 6		-64		-64	108
12:00 pm	108	2.5 65	+6 €6 + €	5 +61		-54		-€ 4	1 2 5
1:00 pm	165		+(5 +45		-54		-64	126
2:00 pm	126		+(5 +45		-64		-54	107
3:00 pm	167	11-64	+ ∲4	+64		-54		-54	107

Fig. 17

Time	Starting Sugar	Toasts	1 2	Total	tnsulin	1 2	3	Total	Ending Sugar
8:00 am	108	13+64	+₫8	+(1/8	18 486				126
9:00 am	126		+08	+ (8					144
10:00 am	144	17464	+£8 +£8	+ € 6	A 108	-€4		-54	126
11:00 am	126		+(18	+(18		-64		-54	\$0
12:00 pm	40	5720	+60+68	+108		-5 4 - 5 3		-67	161
1:00 pm	161		+ @ O	+ ∮ 0		-6 4 - 6 3		-67	164
2:00 pm	164		+ & 0	+60		- 6 4 - 6 3		-67	107
3:00 pm	167					-54 -63		-67	100
4:00 pm	100	2700	+ € 6	+ € 6	6 162	·\$7 -\$3		-₫ 0	106
5:00 pm	106		+6 6	+ ₫ 6		-2 7 - (3		- ∉ o	102
6:00 pm	102		+₫6	+ ₫ 6		\$ 7 \$	-(8	-ई0	§ 8
7:00 pm	\$ 8	37 62	+ 6 4	+ Ĝ 4			(8	-60	92
8:00 pm	92		+8€4	+64		. 6	-(8	- 5 0	9 6
9:00 pm	9 6		+64	+ €4		-2 7 &	1 8	-భం	100
10:00 pm	100	121 tos	+₫ 6	+₫6		- 6	(8	-23	103
11:00 pm	103		+₫6	+₫6		\$	18	-23	126

Fig. 17, continued.

Time	Starting Sugar	Toasts	1 2	Total	Insulin	. 1 2	3	Total	Ending Sugar
	126		+86	+86	Trisum.				
12:00 am			160	+60	 	ļ		. €	163
1:00 am	163	1	1	-	-		- (∮:	0	144
2:00 am	1@4		-				6	0	1 € 5
3:00 am	165		ļ				•	•	1 € 6
4:00 am	126						•	•	167
5:00 am	167							•	108
6:00 am	108								108
7:00 am	108								108
Figure 1	8								
Time	Starting Sugar	Toasts	1 2	Total	Insulin	1 2.	3	Total	Ending Sugar
8:00 am	108	17+64	+∱ 8	+(†8	18-466				126
9:00 am	126		+(†8	+(18					144
10:00 am	144	17:64	+48+48	+ ₿ 6	A 108	-54		-64	126
11:00 am	126		+(18	+(18		-\$4		-54	90
12:00 pm	90	5 270	+ € 0+ € 8	+108		-64 - (3		-67	161
1:00 pm	161		+ Q O	+\$0		-6 4 -6 3		-67	164
2:00 pm	164		+ & 0	+60		-6 4 - 6 3		-67	167
3:00 pm	127					- 6 4 - (3		-67	100
4;00 pm	100	27108	+₫6	+86		£7 - (3		- (O	106
5:00 pm	106		+6 6	+86	-	- 6 7 - 6 3	- 1	- 4 ⁰	102
6:00 pm		T7-64	+ 6 6 + € 8	+54		27 6		-32	124
7:00 pm	124		+48	+(18		e 7 6		-82	100
8:00 pm	100		+(†8	+(18		2 7 6		-32	\$ 6
9:00 pm		17.64	+(18	+48		£7 &		-32	2
10:00 pm	82		+ ₫8	+(18		€	1	\$	9 5
11:00 pm	\$ 5		+ (18	+(18		ê		\$	108

Fig.18 Continued.

1.3.10	ominaea.	
12:00 am	108	128
1:00 am	1 ♠ 8	108
2:00 am	108	108
3:00 am	108	108
4:00 am	108	108
5:00 am	108	108
6:00 am	108	108
7:00 am	108	108

Fig. 19

Time	Starting Sugar	Toasts	1 2	Total	Insulin	1 2.	3 Total	Ending Sugar
8:00 am	108	17-64	+28	+(18	18-486			126
9:00 am	126		+ ₫ 8	+(1/8				144
10:00 am	144	17:64	+48+48	+ & 6		-64	-64	126
11:00 am	126		+(18	+(1/8		-64	-64	90
12:00 pm	(1)	(3) db2	+64+68	+2		-64	-64	108
1:00 pm	108		+ \$ 4	+64		-6 4	-64	108
2:00 pm	108	1344	+64+68	+72		- € 4	-64	126
3:00 pm	126		+ (8	+(18		-6 4	-64	9
4:00 pm	90	17484	+(18+48	+ ₫ 6	10-20	-\$ 7	-27	9
5:00 pm	99		+(†8	+₫ 8		-E 7	-27	1 0
6:00 pm	90	[5] ²⁷⁰	+₫8+₫ 0	+108		-€ 7 - 3 0	-97	111
7:00 pm	141		+60	+ ∮ 0		-€ 7 -₹0	-\$7	164
8:00 pm	164		+\$0	+ € 0		-€ 7 -₹0	-57	207
9:00 pm	207					-€ 7 - ₹ 0	-57	100
10:00 pm	160	TJ-64	+₫8	+(18		-ई0	-30	108
11:00 pm	168		+(18	+(†8		-30	-30	126

Fig. 19, continued

Time	Starting Sugar	Toasts	1. 2.	Total	Insulin	1 2 3	Total	Ending Sugar
12:00 am	126	17-64	+(18+(18	+ € 6		-65	- t 5	147
1:00 am	147		+(18	+(1/8		- t 5	-65	100
2:00 am	100		+48	+(28		- f 5	-65	163
3:00 am	163					- f 5	-65	1 6 8
4:00 am	168					- 6	- 6	123
5:00 am	123					- (5	- (5	108
6:00 am	108							108
7;00 am	108							108

Fig. 20

Time	Starting Sugar	Toasts	1 2	Total	Insulin	1	2	3	Total	Ending Sugar
9:00 am	108	2708	+ ₫ 6	+ € 6	12-108					108
10:00 am	108		+ ∲ 6	+86		- € 6			-26	144
11:00 am	144		+€ 6	+86		- ₫ 6			-36	144
12:00 pm	144				18 162	-€6			- \$ 6	144
1:00 pm	144	3762	+\$4	+54		-64			-54	108
2:00 pm	108		+64	+54		-64			-54	108
3:00 pm	108	11-64	+64+68	+72	B 162	-54			-54	126
4:00 pm	126		+ ₫ 8	+(18		-(18			-18	126
5:00 pm	1₽ 6		+(18	+(†8		-(18			-68	126
6:00 pm	126				18 162	- (†8			- (8	108
7:00 pm	108	3 62	+624	+64		-€4			-54	108
8:00 pm	108		+64	+64		-54			-54	108
9:00 pm	108		+64	+₫4	B - ●	-64			-54	108
10:00 pm	108	17-64	+(†8	+(18		- ₹8			- 6 8	108

Fig. 21			
	Time		Sample Results
Step 1	Time= 8:00 am	Blood sugar reading	180
Step 2	Immediately 8:00 am	Eat 2 Toasts	
Step 3	+1/2 hour, Time= 8:30 am	Blood sugar reading	198
	+1/2 hour, Time= 9:00 am	Blood sugar reading	215
	+½ hour, Time= 9:30 am	Blood sugar reading	234
	+1/2 hour, Time= 10:00 am	Blood sugar reading	250
	+½ hour, Time= 10:30 am	Blood sugar reading	270
	+½ hour, Time= 11:00 am	Blood sugar reading	288
Step 4	Immediately 11:00 am	Take 12 units of fast-acting insulin	
Step 5	+1/2 hour, Time= 11:30 am	Blood sugar reading	270
	+1/2 hour, Time= 12:00 pm	Blood sugar reading	250
	+1/2 hour, Time= 12:30 pm	Blood sugar reading	234
	+1/2 hour, Time= 1:00 pm	Blood sugar reading	215
	+½ hour, Time= 1:30 pm	Blood sugar reading	198
	+½ hour, Time= 2:00 pm	Blood sugar reading	180

Figure 22

	Time		Original Results	Exercise Results
Step 1	Starting Time 8:00 am	Starting blood sugar reading	180	144
Step 2	Immediately 8:00 am	Eat 2 Toasts		
Step 3	½ hour later 8:30 am	Your typical exercise		
		Normal morning activities		
	3 hrs after first reading 11:00 am	Blood sugar reading	288	198

Time	Starting Sugar	Toasts	1 2	Total	Insulin	1 2 3	Total	Ending Sugar
8:00 am	108							108
9:00 am	108	27·08	+ 6 6	+866	12-108	-€6	- ફ 6	108
10:00 am	108		+& 6	+86		-£ 6	-36	108
11:00 am	108		+ ₫ 6	+ € 6		-€ 6	-\$6	108
12:00 pm	108							108
1:00 pm	108	37-62	+\$4	+54	18-162	-54	-54	108
2:00 pm	108		+64	+\$4		-64	-54	108
3:00 pm	108	17+64	+64+18	+\$2	6 -54	- 6 4 - 1 8	-72	108

Fig. 23, continued

Fig. 23,	contin	uea						
Time	Starting Sugar	Toasts	1 2	Total	Inșulin	1 2 3	Total	Énding Sugar
4:00 pm	108		+(18	+(18		- ₹ 8	-68	108
5:00 pm	108		+(1/8	+(18		- ∱ 8	-68	108
6:00 pm	108				18-162	-64	-54	3
7:00 pm	5 24	B 62	+64	+64		- 64	-824	3 4
8:00 pm	2		+64	+64		-64	-54	趣
9:00 pm	54		+64	+64	B -\$4	- ₫8	- (8	1
10:00 pm	(1)	17+64	+₫8	+(18		- ∯8	-1/8	90
11:00 pm	40		+(†8	+(18	26(i)	- ∲8	-68	1
12:00 am	90		+₫8	+(1/8				108
1:00 am	108							108
2:00 am	108					×		108
3:00 am	108							108
4:00 am	108							108
5:00 am	108							108
6;00 am	108							108
7:00 am	108							108

rig. 24		-						
Time	Starting Sugar	Toasts	1 2	Total	Insulin	1 2	3 Total	Ending Sugar
8:00 am	108							108
9:00 am	108	2700	+ ¢ 6	+€ 6	12-108			144
10:00 am	144		+€ 6	+ € 6		-€ 6	-\$6	104
11:00 am	144		+ & 6	+€ 6		-€6	- ₹6	104
12;00 pm	144					-£ 6	- 8 6	108
1:00 pm	108	3762	+6 4	+54	18 ⁻¹⁶²			162
2:00 pm	162		+€ 4	+64		-€4	-54	162
3:00 pm	162	17+\$4	+64+68	+72	8 × 54	- € 4	-54	180
4:00 pm	100		+(1/8	+(8		-6 4 - 6 8	-72	126
5:00 pm	126		+68	+(*8		-(8	-68	126
6:00 pm	126				18-162	-(8	-#8	108
7:00 pm	108	37 6 22	+ 6 4	+64		-64	-54	108
8:00 pm	108		+84	+64		-€4	-54	108
9:00 pm	108		+64	+64	8×-\$4	- \$ 4	-54	108
10:00 pm	108	77464	+₫ 8	+ († 8		-(† 8	-48	108
11:00 pm	108		+₫ 8	+(18	26 _(i)	- ₫8	-68	108

Fig. 24, continued

Time	Starting Sugar	Toasts	1 2	Total	Inșulin:	_1_	2 3	Total	Ending Sugar
12:00 am	108		+₫8	+(18		-(18		-(8	108
1:00 am	108								108
2:00 am	108								108
3:00 am	108								108
4:00 am	108								108
5:00 am	108								108
6:00 am	108								108
7:00 am	108								108

Time	Starting Sugar	Toasts	1 2	Total	Insulin	1 2	3	Total	Ending Sugar
8:00 am	108								108
9:00 am	108	2760	+ ₫ 6	+ 8 €6	1/2-108				108
10:00 am	108		+ € 6	+86		- € 6		-₹ 6	144
11:00 am	144		+ ₫ 6	+86		- € 6		-36	144
12:00 pm	144				18-162	€6		- ₹6	144
1:00 pm	144	37 622	+ € 4	+54		-54		-54	108
2:00 pm	108		+∳ 4	+64		- € 4		-54	108
3:00 pm	108	11484	+64+18	+#2	BX-162	-64		-54	126

Fig. 25, continued

Time	Starting Sugar	Toasts	1	2 Total	insulin	1 2	3	Total	Ending Sugar
4:00 pm	126		+	(18 + (18		-(18		-18	126
5:00 pm	126		+	(18 + (18		- ∱ 8		- (8	126
6:00 pm	126				18.162	-(8		- (8	108
7:00 pm	108	3762	+€ 4	+64		-64		-54	108
8:00 pm	108		+64	+64		-54		-54	108
9:00 pm	108		+\$4	+6 ⁴	8 -	- ∳4		-54	108
10:00 pm	108	17464	+ ₫8	+(18		- €8		-68	108
11:00 pm	108		+₫8	+(18	26 _(i)	-(8		-(8	108
12:00 am	108		+ ₫ 8	+(18		-(8		- ₹ 8	108
1:00 am	108								108
2:00 am	108								108
3:00 am	108								108
4:00 am	108								108
5:00 am	108								108
6:00 am	108								108
7:00 am	108								108

Fia. 26

Fig. 26	return verreneside					The state of the s	10-4-2-10 major annonce	
Time	Starting Sugar	Toasts	1 2	Total	Insulin	. 1 . 2 . 3	Total	Ending Sugar
8:00 am	108							108
9:00 am	108	2708	+₫6	+€6	12-108	- હ 6	-₹ 6	108
10:00 am	108		+€ 6	+86		- € 6	-36	108
11:00 am	108		+ ₫ 6	+86		-€ 6	-इ6	108
12:00 pm	108							108
1:00 pm	108	37 62	+64	+54	18-162	-64	-54	108
2:00 pm	108		+64	+54		- \$4	-54	108
3:00 pm	108	17+64	+64+18	+72	8 · 5	- 6 4 - 6 8	- 7 2	108
4:00 pm	108		+ (28	+(18		- &	- € 8	108
5:00 pm	108		+(18	+(18		- તૃ 8	- ∱ 8	108
6:00 pm	108							108
7:00 pm	108	37 (62	+₫ 4	+6.4	18-162	-64	-54	108
8:00 pm	1 ⊉ 8		+ ۇ 4	+64		-2 4	-84	108
9:00 pm	108		+ ۇ 4	+64		-64	-524	108
10:00 pm	108	17.64	+₫8	+(18	£ €	-∱ 8	-18	108
11:00 pm	108		+(18	+(18	26(i)	-(1 8	- (8	108
12:00 am	108		+₫8	+(18		-(1 8	-68	108
1:00 am	108							108
2:00 am	108							108
3:00 am	108							108
4:00 am	108							108
5:00 am	108							1 @ 8
6:00 am	108							108
7:00 am	108							108

Fig. 27

Time	Starting Sugar	Toasts	1 2	Total	Insulin	. 1 <u>2</u>	3	Total	Ending Sugar
8:00 am	108	17+64	+(18	+(18	18-466				126
9:00 am	126		+ ₫8	+(†8					144
10:00 am	144	11464	+(18 +(18	+86		- \$ 4		-54	126
11:00 am	126		+(18	+(8		-54		-64	90
12:00 pm	90	37-162	+64+68	+₹2		-54		-84	108
1:00 pm	108		+64	+54	·	- 6 4		-54	108
2:00 pm	108	17454	+64+18	+#2		-6 4		-64	126
3:00 pm	126		+(1/8	+(18		- ₹4		- € 4	10
4:00 pm	90	17.64	+(18 +(18	+86	4 108	-\$ 7		-27	(2)
5:00 pm	49		+ ∱8	+(18		-2 7		-27	30
6:00 pm	30	37 62	+(18+54	+(2		-6 7 - 6 2		-8 9	123
7:00 pm	123		+54	+54		e7 -12		- ફ 9	168
8:00 pm	188		+54	+64		€ 7 -€2		- 4 9	103
9:00 pm	103					-2 7 - 1 2		-89	124
10:00 pm	104	17.64	+∱8	+(18		-62		-(2	100
11:00 pm	120		+ ₫8	+(1/8	26(i)	-42		-72	126

Fig. 27, continued

Time	Starting Sugar	Toasts	1	2 Total	Insulin	1 2 3	Total	Ending Sugar
12:00 am	126		+₫8	+(1/8		-€	6	128
1:00 am	1 ₽ 8					.	6	102
2:00 am	102					•	•	126
3:00 am	126					-(6)	•	120
4:00 am	120					-∲	•	144
5:00 am	164					-€	€	108
6:00 am	108							108
7:00 am	108							108

Chart I

	Line	Time		Your Results
Step 1	1	Time=	Blood sugar reading	
Step 2	2	Immediately	Eat 2 Toasts	
Step 3	3	+½ hour, Time=	Blood sugar reading	
	4	+½ hour, Time=	Blood sugar reading	
	5	+½ hour, Time=	Blood sugar reading	
	6	+½ hour, Time=	Blood sugar reading	
	7	+½ hour, Time=	Blood sugar reading	
	8	+½ hour, Time=	Blood sugar reading	
Step 4	9	Immediately	Take 12 units of fast-acting insulin	
Step 5	10 +½ hour, Time=		Blood sugar reading	
	11	+½ hour, Time=	Blood sugar reading	
	12	+½ hour, Time=	Blood sugar reading	
	13	+½ hour, Time=	Blood sugar reading	
	14	+½ hour, Time=	Blood sugar reading	
	15	+½ hour, Time=	Blood sugar reading	

Fig. 29	(CHART	11								
Time	Starting Sugar	Toasts	1	2	Total	Insulin	1	2	3	Total	Ending Sugar
8:00 am	•	图·	0	Ĉ	Ċ	10	¢	0	Ċ	6	¢
9:00 am	C	冒 个	•	6	e	10	Ċ	¢	0	Ĉ	Ĉ
10;00 am	•		6	¢.	¢	10	6	0	Ò	•	•
11:00 am	•	图 (•	Ċ	Ô	10	¢	¢	^	6	Ò
12:00 pm	•	me.	e	¢	6	16	C :	Ċ	¢	¢.	•
1:00 pm	C	图*	0	e	C	10	6	ė.	¢	0	•
2:00 pm	•	Te.	1	(*	16	C	^	0	•	•
3:00 pm	•		6	Ć	Ê	10	4	¢.	(è	¢
4:00 pm	•	11	8	Ò	6	10	0	Ô	0	Ĉ	6
5:00 pm	•	Te.	0	Ċ	6	10	6	Ĉ	(Ĉ	•
6:00 pm	è	图·	c	0	*	10	6	^	1	·	6
7:00 pm	•	图¢	0	^	6	1.6	6	^	0	0	•
8:00 pm	•	To the	0	E	0	16	0	¢.	¢.	Ċ	•
9:00 pm	•	图《	Ĉ	¢	6	16	0	Ò	Ċ	Ò	•
10:00 pm	•	图*	0	Ò	6	10	0	6	6	0	•
11:00 pm	6	T*	C	¢	0	26(i)	0	C	^	Ô	6

CHADTII

Fig. 29 **CHART II** continued Starting Sugar Ending Time Toasts 1 2 Total Insulin 2 3 Total Sugar 6 1 • 1 12:00 am me. 6 1 1 • 1:00 am 1 2:00 am Te C 4 1 3:00 am 图《 1 1 • 4:00 am Be 1 0 0 1 1 5:00 am me. 0 0 0 0 0 0 C 6:00 am • • **A** • 1 1 7:00 am

Fig. 30

Chart III

	Line	Time		Original Results	Exercise Results
Stěp 1	1	Starting Time	Starting blood sugar reading		
Step 2	2	Immediately	Eat 2 Toasts		
Step 3	3	½ hour later	Your typical exercise		
	4		Normal morning activities		
	5	3 hrs after first reading	Blood sugar reading		

